



Profiles in Wellness



Jan Hively Minnesota

I learned that my cholesterol count was 254 in August 2004. The next month, I shifted from dairy products to soy products -- using soy milk and canola margarine. I also looked for food products on the grocery shelves with labels that showed 0% or a very small % of cholesterol.

In August 2005, my cholesterol count was 212. I took no medications during the year in between, except for a daily multi-vitamin tablet.

Now, I'm so accustomed to the shift in diet that I'm sure that I'll be able to sustain the lower level of cholesterol.